

## MEET US AT THE FINISH LINE!!

Mark your calendar for August 29, 2015 and bring your passport - watch our Living Well In Coppell Facebook page for details!!

### RESOURCES

[letsmove.gov](http://letsmove.gov)

[choosemyplate.gov](http://choosemyplate.gov)

[becomingminimalist.com](http://becomingminimalist.com)

[gonoodle.com](http://gonoodle.com)

[cosmickids.com](http://cosmickids.com)



For daily ideas on wellness, see our Summer Activity Calendar on the Living Well in Coppell Website!!

Share your summer fun at **#SP2W** (Summer Passport to Wellness)

**LIVINGWELLINCOPPELL.COM**



# 2015 SUMMER PASSPORT TO WELLNESS



*"Building a Healthy Community for a Lifetime"*

Track your progress to wellness this summer! Create your own activities under each category OR see our Summer Activity Calendar of suggestions at [LivingWellinCoppell.com](http://LivingWellinCoppell.com)! If you have questions, please visit our website: [livingwellincoppell.com](http://livingwellincoppell.com). Involve your friends and family!!

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